



SECTION ONE Standard House Diets

Diet manual

Modified Fat Diet

Type IV Hyperlipoproteinemia Diet

Food Groups	Servings/Day	Foods Allowed	Foods Not Allowed
Dairy	As Desired.	Skim milk, buttermilk, or hot chocolate containing 1% fat or less, non-fat or low-fat yogurt.	Whole milk, low-fat milk, buttermilk, chocolate milk, cream, half and half, sour cream, eggnog, hot chocolate mixes containing coconut or palm oil, whole milk, yogurt.
Meat or Substitute	6 oz./day	All meat and substitutes containing less than or equal to 3 gms fat/ounce: poultry (no skin); fish; water-packed canned fish; lean, well-trimmed cuts of beef, veal, ham, pork, and lamb; press-dried luncheon meats. Cottage cheese, cheeses containing 3 gms fat/ounce or less. Textured vegetable protein, bacon-like bits, tofu.	Domestic duck and goose; self-basting poultry; shrimp; commercially fried and/or breaded meats, fish and poultry; heavily marbled or untrimmed meats; commercially ground meat, organ meats; all other luncheon meats, cold cuts, bacon, sausage, frankfurters, scrapple, salt pork, chitterlings, fatback, spareribs. All other cheeses.
Eggs	As Desired.	Egg whites, egg substitute.	Egg yolks, whole eggs.
Potato or Substitute	As Desired.	Plain potato, pasta, rice.	Potato chips, french fries, potato, pasta or rice prepared with whole or low-fat milk, cream, cheese, or egg yolk.
Vegetables	As Desired.	Fresh, frozen, canned, no added fat; vegetable juice.	Vegetables prepared with whole or low-fat milk, cream, cheese, or egg yolks.

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Breads & Cereals	As Desired.	Breads and rolls: French, Italian, oatmeal, pumpernickel, raisin, rye, white, and whole wheat; English muffins; matzoh; saltines; graham crackers; pretzels. Unsweetened dry and cooked cereal, without added fat. Plain popcorn.	Breads containing added fats or cheese, biscuits, cornbread, crepes, muffins, popovers, quick breads, sweet rolls, donuts, toaster pastries, pancakes, waffles, croutons. Cereals containing sugar or added fat. Corn or tortilla chips. Deep-fat-fried snack foods.
Fruits & Fruit Juices	As Desired.	Any fresh, frozen, canned, or dried except coconut.	Coconut.
Fats	Up to 6 servings/day	Vegetable oils except coconut or palm oil, margarine, mayonnaise, oil-based salad dressing, olives, avocado. All nuts except cashew, pistachio, or macadamia nuts.	Meat or poultry fat, salt pork, bacon, lard, butter, butter/margarine blend, cream, cream cheese, sour cream, cheese or sour cream-type dressing, cocoa butter, non-dairy creamers containing palm or coconut oil, palm oil, coconut oil, shortening. Cashew, pistachio, macadamia nuts.
Beverages	As Desired.	Coffee, decaffeinated coffee, tea; sugar-free carbonated beverages and fruit drinks.	Any containing fat; sweetened juices, drinks, and carbonated sodas.
Soups	As Desired.	Broth, broth-based soups; soups made with skim milk.	Cream soups made with whole milk, low-fat milk, or cream.
Desserts/Sweets	1 serving/day	Unsweetened gelatin, fruit ice, popsicle, angel-food cake, plain cocoa.	Sweetened gelatin, ice cream, ice milk, custard, puddings, pies, cakes, cookies, candies, chocolate.
Miscellaneous	As Desired.	Spices, herbs, lemon, catsup, mustard, pickles, relishes.	Sugar, sauces and gravies.

Type IV Hyperlipoproteinemia Diet**Suggested Meal Plan**

Breakfast	Lunch	Dinner
Fruit or Juice	Fish, Poultry, or Substitute	Fish, Poultry, or Substitute
Cereal	Potato or Substitute	Potato or Substitute
Egg Substitute	Vegetable	Vegetable
Toast	Salad/Allowed Dressing	Fruit or Allowed Dessert
Margarine	Fruit	Bread
Skim Milk	Bread	Margarine
Beverage	Margarine	Skim Milk
	Beverage	Beverage